

FEATURES:

•CURRENT TIME (HR., MIN., & SEC.)

•DAY/DATE/MONTH/YEAR •TEMPERATURE MODULE READS CURRENT AMBIENT AIR AND WATER TEMPERATURE •MULTIPLE COUNTDOWN TIMERS

•CHRONOGRAPH WITH SPLIT TIMES •FOUR DAILY OR ONE TIME

ALARMS AND HOURLY CHIME •DUAL TIME AND OPTIONAL 24-HR. TIME

•WATER-RESISTANT TO 300 FEET •NIGHT VISION™ ELECTRO-LUMINESCENT BACKLIGHT



HOW TO SET TIME1, TIME 2, DATE, AND 24-HOUR FORMAT

Press MODE button until "TIME" appears on the display. You are now in Time mode. This watch has dual time (T1 and T2). To set T1, make sure the "T1" is showing in the bottom right hand corner of the display. To set T2, press and hold START button for approximately three seconds and release. T2 should now be showing in the bottom right hand corner of the display. Once you have selected T1 or T2, press and hold LIGHT button for approximately two seconds; the seconds digits will flash.

Pressing the START button will reset the seconds digits to 0. If seconds are 30 or greater, one will be added to the minutes digits.

To set hours digits, press MODE button; hours digits will flash. To advance hours digits, press TEMP button. To retard hours digits, press START button; hold for rapid advance.

To set minutes digits, press MODE button; minutes digits will flash. To advance minutes digits, press TEMP button. To retard minutes digits, press START button; hold for rapid advance.

Continuing through the time and date setting mode, the setting sequence is: seconds; hours; minutes; year; month; date; 12/24- hour mode; M-D (Month-Day), or D-M (Day-Month); and F (Fahrenheit), or C (Celsius).

HOW TO OFFSET TEMPERATURE READOUT

The temperature sensor is located on top of the watch below the display. The sensor reads ambient temprature, which is an average of body, air or water temperature.

The concept of offsetting can be best explained with an example.

Wear the watch on your wrist and wait for at least 10 minutes until the sensor factors out your body heat. If the temperature reads 10 °F above the mercury thermometer then this means that your body (and other internal watch components) causes the watch to be10 °F warmer. 10°F is the value that you would be offseting.

In the Time mode, press and hold TEMP button to enter the

temperature setting mode. When the temperature digits flash, press the TEMP button to advance the digits, or press the START button to retard the digits. Press the MODE button to select the 10th degree digits. Use the same buttons to advance or retard the digits.



To exit the temperature setting mode and return back to time mode, press the LIGHT button. The temperature can be viewed in all modes except for Alarm mode.

When TEMP button is pressed, the temperature will be shown in the upper section of the display. Press the TEMP button again, and the temperature will be shown in the middle section of the display. The temperature reading will disappear from the display after approximately 4 hours; then normal time will be displayed. The watch will not take a sampling of the temperature while the Night Vision[™] light is on.

HOW TO OPERATE CHRONOGRAPH/STOPWATCH

Press MODE button until "CHRONO" appears. The chronograph mode shows the lap number, lap time and accumulated (split) time one at a time.

To start the chronograph counting, press the START button. (The total counting time is 24 hours, 0 minutes and 0 seconds.) To view split time, press the START button again. Split time is the time elapsed since the start of the chronograph.

Chronograph will continue to count while split time is displayed. Each press of START button will display a split time. The upper row indicates laps made, and counts up to 99 laps.



To stop chronograph, press LIGHT button. Reset the chronograph to zero by pressing the LIGHT button again.

HOW TO SET AND OPERATE THE COUNTDOWN TIMERS

When in Timer mode, press and hold LIGHT button for two seconds. (The countdown timer cannot be running while setting timers.)



When the hours digits flash, press TEMP button to advance the digits; press the START button to retard the digits. To go to the minute digits, press the MODE button. Use the same sequence to set the minutes, seconds, and timer number. There are four countdown timers on this watch. When the timer or timers are set, press the LIGHT button to return to the Timer mode.

To start the timers, press START button. To stop the timer while it is running, press the LIGHT button. To continue the countdown timer, press the START button. Or, press and hold the START button to reload the preset value. To clear all timers to zero when the timers are in the preset value, press and hold START again.



The timers count down in loops. (When timer 1 counts down to zero, timer 2 will start to count down automatically.) When all timers countdown to zero, the loop counter will increase by one. When the loop counter reaches 30, the timer will automatically stop. The maximum countdown time is 23 hours, 59 minutes and 59 seconds. Holding the LIGHT button will also reset the timers when they are in the preset value.

HOW TO SET AND OPERATE THE ALARMS

Press MODE button until "ALARM" appears. The alarm mode shows hours, minutes, alarm number T1 or T2, (indicating which time the alarm will use), and ON or OFF, (referring to the status of the alarm). There are four different alarms, which are set as daily, repeating alarms.

To set the alarm(s), press the START button to select the desired alarm. To enter the alarm setting mode, press and hold LIGHT button for two seconds while the hour digits are flashing. To advance the digits, press the TEMP button; press the START button to retard the digits. ("P" will appear when you are in PM time.) To adjust the minutes digits, press MODE button. After setting the minutes, press the MODE button to adjust T1 or T2. To exit the alarm time setting mode, Press the LIGHT button. The alarm(s) that you set will be on.



To turn the alarm(s) off, press the TEMP button (while in alarm mode.)

To turn chime on or off, press the START button until "chime" appears. To toggle between on and off, press the TEMP button.



HOW TO OPERATE THE NIGHT VISION™ ELECTRO-LUMINESCENT BACKLIGHT

Press LIGHT button to activate the Night Vision™ electroluminescent backlight. The light will remain illuminated for approximately four seconds. Do not press this button while the watch is submerged in water.

CARE AND MAINTENANCE

1. Back case cover should only be removed by an authorized watch repair specialist.

2. Always rinse your watch in fresh water after immersion in salt or chlorinated water.

3. Do not expose watch or band to chemicals such as gasoline, aerosol sprays, paint or solvents.

4. Periodically clean with a soft cloth and fresh water.

WARRANTY INFORMATION

Freestyle U.S.A. warrants, to the original purchaser, that its watches are free from defects in materials and workmanship for a period of ten (10) years under normal use. The warranty excludes batteries, crystal, watch case plating, and strap/ bracelet/ band. The warranty

excludes normal wear and tear and abuse.

Special note: Freestyle[®] watches are designed and engineered to be highly water-resistant, and to withstand the most active of lifestyles. The most important component in keeping your watch water-resistant is the case back Oring, which prevents water from entering the watch through the case back.

Water leakage most often occurs after improper battery replacement. We strongly recommend having a certified jeweler, watch repair technician or Freestyle's service center replace your battery. Water leakage due to improper battery replacement is not covered under warranty.

Should your Freestyle[®] watch require warranty service, send it along with the following:

- 1. A copy of your sales receipt
- Your printed name and address
 Your telephone number
- 4. A brief description of the problem
- 5. Please include \$8.50 for processing and handling using
- processing and handling, using one of the following payment methods:

-Check

-Money order -Credit card (be sure to include card number and expiration date)

REMEMBER: NEVER INCLUDE A SPECIAL WATCHBAND OR ANY OTHER PERSONALARTICLES OF VALUE IN YOUR SHIPMENT.

Send to the following address:

Freestyle Attn: Individual Returns 47-50 33rd Street Long Island City, NY 11101

(718)-729-8890

Please allow 30 days for return of your watch.

Neither this warranty, nor any other warranty expressed, is assumed for any incidental or consequential damages, including but not limited to the mathematical accuracy of the product. Some states do not allow limitations on how long an implied warranty lasts, or the exclusions of or limitations on consequential damages, so the above limitations may not apply to you. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

This warranty applies to watches purchased in the United States. For watches purchased outside the United States, please contact your authorized Freestyle[®] dealer for warranty information.

If your watch requires servicing not covered under our warranty (battery, crystal, strap/bracelet/band, watch case plating), or refurbishing, complete the return form (next column) and return with your watch.



Attn: Individual Returns 47-50 33rd Street Long Island City, NY 11101 (718)-729-8890

Battery	\$ 4.00
Case	10.00
Bezel	6.00
Band(Polyurethane)	12.00
Band(Leather)	12.00
Band(Metal)	20.00
Band(Nylon)	7.00
Processing and handling	8.50

Total

\$

□ Check or Money Order □ Master Card □ Visa

Account#

Expiration Date

Printed Name

Address

Phone Number

Signature